

Tallahassee Mental Health & Wellness Resources

- **[211 Big Bend](#)**: Available 24 hours a day to provide emotional support, crisis counseling, suicide prevention, and information & referrals. You do not have to be in crisis to call, there is no eligibility criteria, and services are free. They help you navigate through the maze of community services in a nonjudgmental manner. *24/7 hotline: 850-617-6333 or call 211*
- **[Apalachee Center Mobile Response Team](#)**: 24/7 on-call crisis intervention service provided through Apalachee Center that provides emergency behavioral health assessment, and crisis-oriented services that are responsive to the individual and family needs. *24/7 Crisis Hotline: 1-800-342-0074*
- **[CCYS](#)**: Provides guidance, shelter, and support to youth and families in the Big Bend area. *24/7 crisis hotline: 850-576-6000*
- **[Refuge House](#)**: Provide direct services to victims of domestic violence and sexual assault, and to their children and families, as well as to eliminate such violence through community education and public advocacy. [Click here for 24/7 Hotline services by county.](#)